

NEW HORIZONS

York County Area Agency on Aging

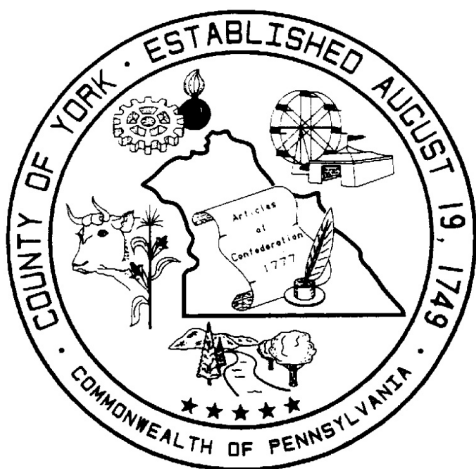
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Summer 2017

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Elder Abuse Awareness

World Elder Abuse Awareness Day is observed on June 15th. The day serves as a call-to-action for individuals,

organizations and communities to raise awareness about the growing problem of elder abuse, neglect and exploitation.

Each year hundreds of thousands of older persons are abused, neglected, and exploited by family members and others. Many victims are people who are older, frail, vulnerable, and cannot help themselves, and depend on others to meet their most basic needs.

In Pennsylvania, elder abuse is most concentrated among older adults over the age of 85. Since they comprise the majority of Pennsylvania's age 60+ population, those over age 85 are being abused at a rate more than twice as high as their proportion of the general aging population. The 80-84 age group is the next highest at 22%. The majority of those older adults needing protective services are females and are dependent on their abusers. Females represent 58% of all Pennsylvanians over 60 years of age. Based on this data and national statistics, females are abused more often than males.

The Older Adults Protective Services Annual Report by the Pennsylvania Department of Aging has found the following:

- ❖ 648 Reports of Need were received for protective services in fiscal year 2015-2016 in York County. Of those 648 reported, 559 (86%) were investigated and unannounced visits made. Of the 559 investigated cases, 148 (26%) were substantiated as needing protective services.
- ❖ In Pennsylvania in fiscal year 2015-2016; 24,077 Reports of Need were taken for protective services; 14,030 (58%) were investigated and of those, 4,379 were substantiated as needing protective services.
- ❖ York County ranks above the state average in Reports of Need taken and investigations.

Generally Accepted Definitions

Elder abuse is an umbrella term referring to any knowing, intentional, or negligent act by a

caregiver or any other person that causes harm or a serious risk of harm to a vulnerable adult.

- ❖ Physical abuse is inflicting, or threatening to inflict, physical pain or injury on a vulnerable elder, or depriving them of a basic need.
- ❖ Sexual abuse is the infliction of non-consensual sexual contact of any kind.
- ❖ Emotional or psychological abuse is the infliction of mental or emotional anguish or distress on an elderly person through verbal or nonverbal acts.
- ❖ Financial or material exploitation is the illegal taking, misuse, or concealment of funds, property, or assets of a vulnerable elder.
- ❖ Neglect is the refusal or failure by those responsible to provide food, shelter, health care, or protection for a vulnerable elder.
- ❖ Abandonment is the desertion of a vulnerable elder by anyone who has assumed the responsibility for care or custody of that person.
- ❖ Self-neglect is characterized as the behavior of an elderly person that threatens his/her own health or safety.

Warning signs of elder abuse

While one sign does not necessarily indicate abuse, some tell-tale signs that there could be a problem are:

- ❖ Bruises, pressure marks, broken bones, abrasions, and burns may be an indication of physical abuse, neglect, or mistreatment.
- ❖ Unexplained withdrawal from normal activities, a sudden change in alertness, and unusual depression may be indicators of emotional abuse.
- ❖ Bruises around the breasts or genital area can occur from sexual abuse.
- ❖ Sudden changes in financial situations may be the result of exploitation.
- ❖ Bedsores, unattended medical needs, poor hygiene, and unusual weight loss are indicators of possible neglect.
- ❖ Behavior such as belittling, threats and other uses of power and control by spouses are indicators of verbal or emotional abuse.

(Continues on page 4)



From The Director

Dear Reader:

I have always enjoyed this time of year when the trees have their leaves, the flowers are in bloom, and there is the smell of fresh cut grass in the air. I find it invigorating to be outdoors again enjoying our beautiful county. My wife and I take full advantage of the walking trails throughout the county and can often be found on the Rail Trail getting some exercise and enjoying the views.

While I choose to walk for exercise, there are many older adults in our county that choose to exercise in a more competitive manner. Once a year, athletes gather to compete in various events for the opportunity to win a medal or just make new friends. I am, of course, talking about the York County Senior Games. The mission of the York County Senior Games is to promote healthy lifestyles and fitness for York County men and women, ages 50 and over, through competitive activities. This year, the 16th annual games will be held beginning on Monday, June 19th and will run through Friday, June 23rd.

If you have never participated or observed the games, I would encourage you to do so.

Every year I am amazed at the level of skill and fellowship that is displayed. Some come for the competitiveness, some come for the opportunity to try something new, and some come because the games provide a chance to spend time with others. If you are interested in receiving more information about the senior games, please read the information contained in this issue of the *New Horizons*. You may also obtain information about registration and events on our Agency's website at www.ycaaa.org.

As the senior games move ever closer, I am reminded that one of the keys to successful aging is remaining healthy. Part of our Agency's four-year planning process includes the addition of evidenced-based wellness programs. One program that has been added to our list of services is the Steps to Healthier Living™ Diabetes Self-Management Program. This program was developed by Stanford University and is certified as evidenced-based. All evidence-based programs go through a rigorous study of the effects or outcomes of specific interventions. They demonstrate reliable and consistently positive changes in important health-related and functional measures. In simpler terms, the programs work.

The Steps to Healthier Living™ Diabetes Self-Management Program is designed to help older adults living with type 2 diabetes manage their diabetes and live healthier lives. The program is conducted in workshops, once a week for six weeks. Each workshop spans 2 ½ hours. Participants receive a copy of the companion book, *Living a Healthy Life with Chronic Conditions*, and an audio relaxation tape.

The self-management workshops are open to York County residents age 50 and older living with type 2 diabetes, residents 18 and older living with a disability and type 2 diabetes, and caregivers of eligible participants. I would encourage everyone to read more about the program in this issue of the *New Horizons*. If you have type 2 diabetes, this program is a wonderful support for living a healthier, happier life.

I hope you have the opportunity to enjoy the warm weather, and we will see you at the York County Senior Games.

Mark W. Shea



NEW HORIZONS

Published the first day of March, June, September and December
By

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Mission Statement

The primary focus of the York County Area Agency on Aging is to provide education, advocacy, and coordination of community-based services to empower older adults to maximize their independence and quality of life.

Acceptance of Advertising

The advertisements in this newspaper are based on information supplied by the Advertisers. Inclusion in the newspaper does not imply endorsement of the product or service by YCAAA or the York County Commissioners, nor does exclusion imply disapproval. YCAAA accepts no responsibility for the quality of service provided by any organization listed.

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The *New Horizons* is free to residents of York County, Pennsylvania. As publishing and postage costs continue to rise, donations are gladly accepted to offset the cost.

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New Horizons
100 West Market Street
York, PA 17401

Summer 2017

Please notify YCAAA to discontinue your mailed issue.



YCAAA STARS

Volunteers of the Month

June

Greg Brenneman

APPRISE Counselor & Special Events

July

Janelle Klinedinst

**APPRISE, General Office Assistant
& Special Events**

YCAAA Advisory Council

The next York County Area Agency on Aging Advisory Council meetings will be held at 12:30 PM on

- Monday, June 12 and
- Monday, August 14

at the York County Department of Emergency Services,
120 Davies Drive, York.



Hot Weather Safety Tips for Older Adults

Reproduced with permission from AGS Health in Aging Foundation

We all know that hot weather can be dangerous. This is especially true for older adults. Every summer, nearly 200 Americans die of health problems caused by high heat and humidity. Most of these individuals happen to be age 50 or older. Hot weather is more likely to cause health problems for older adults for a variety of reasons. These reasons include aging-related physical changes in the body, chronic health conditions, and even side effects of taking some medications.

Staying Safe When It's Too Darn Hot 90°

When the temperature climbs above 90°F, older adults need to be proactive and take precautions. So check the outside temperature on summer days. If it's above 90°, older people should keep in mind the following tips:

- ◇ **STAY OUT OF THE SUN** if possible. If possible, wait to go out until the sun starts to set or until early the next morning. Adjusting when you go outside could mean a difference of several degrees.
- ◇ **AIR CONDITIONING** is your friend. Spend as much time as possible in air conditioned spaces. If you don't have an air conditioner, go somewhere that is air-conditioned. Read a book at the library, walk around in indoor malls, watch that new movie at the theater, or meet your friends at the senior center. (Note: The federal Low-Income Home Energy Assistance Program (LIHEAP) helps adults 65 and older who have limited incomes cover the cost of air conditioners and utility bills. To reach your state's LIHEAP program, call 1-866-674-6327.)
- ◇ **STAY HYDRATED.** Drink plenty of cool water, clear juices, and other liquids that don't contain alcohol or caffeine. Alcohol and caffeine can dehydrate you (dry you out).
- ◇ **DRESS APPROPRIATELY.** Whenever you can, try wearing loose, light-colored clothes (dark-colored clothes absorb heat). Top it off with a lightweight, broad-brimmed hat and you are dressing like a pro! These simple changes will help you both stay cool and avoid sunburn.
- ◇ **DID SOMEONE SAY SUNBURN?** Use broad spectrum sunscreen with sun protection factor (SPF) of 15 or higher.
- ◇ **COOL DOWN!** Take tepid (not too cold or too hot) showers, baths, or sponge baths when you're feeling warm. Don't have the time? Then wet washcloths or towels with cool water and put them on your wrists, ankles, armpits, and neck.

How to Spot and Treat Health Problems Caused by Heat

It's important to recognize when hot weather is making you sick, and when to get help. Here's a list of health problems caused by too much heat:

Dehydration

What it is: A loss of water in your body. It can be serious if not treated.

Warning signs: Weakness, headache, muscle cramps, dizziness, confusion, and passing out.

What to do: Call your healthcare provider or 911. Meanwhile, drink plenty of water and, if possible, sports drinks such as Gatorade™, which contain important salts called "electrolytes." Among other things, electrolytes play a key role in regulating your heartbeat. Your body loses electrolytes when you're dehydrated.

Heat stroke

What it is: A very dangerous rise in your body temperature. It can be deadly.

Warning signs: A body temperature of 103°F or higher; red, hot, and dry skin; a fast pulse; headache; dizziness; nausea or vomiting; confusion; and passing out.

What to do: Call 911 immediately. Move to a cool, shady place and

take off or loosen heavy clothes. If possible, wet yourself with cool water, or put cloths soaked with cool water on your wrists, ankles, armpits, and neck to lower your temperature. Try to see if you can safely swallow water or sports drinks. **Note:** If you are caring for someone else who has heat stroke, only give them water or drinks if they are awake and can swallow.

Heat exhaustion

What it is: A serious health problem caused by too much heat and dehydration. If not treated, it may lead to heat stroke (see above).

Warning signs: Heavy sweating or no sweating, muscle cramps, tiredness, weakness, paleness, cold or clammy skin, dizziness, headache, nausea or vomiting, fast and weak pulse, fainting.

What to do: Without delay, move to a cool, shady place, and drink plenty of cool fluids, such as water or sports drinks. Call 911 right away if you have high blood pressure or heart problems, or if you don't feel better quickly after moving to the shade and drinking liquids.

Heat syncope

What it is: Fainting caused by high temperatures

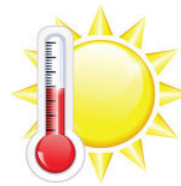
Warning signs: Dizziness or fainting.

What to do: Lie down and put your feet up, and drink plenty of water and other cool fluids.

Source: AGS Health in Aging Foundation.

Hot Weather Safety Tips for Older Adults.2015.

Please visit www.healthinaging.org for more information and resources.



The Heat is On!

Often we listen to the news and hear about a heat warning or advisory. It is important for everyone to understand these terms and take precautions against extreme summer temperatures.

Heat Warning

Life threatening heat is occurring, imminent or highly likely

Heat Advisory

High and potentially dangerous values of heat index are occurring, imminent or highly likely

Heat Watch

Excessive heat is possible in the next day or two

The UV Index

The UV Index forecasts the strength of the sun's harmful rays; the higher the number, the greater the chance of sun damage.

Source: PA Public Utility Commission; EPA

Save the Date!

The Falls Free Coalition of York County
Visit the Falls Free area at the 50plus EXPO



September 28, 2017 • 9 a.m. to 2:00 p.m.

York Expo Center

Memorial Hall East

334 Carlisle Avenue, York

Interactive displays • Risk Assessments • Balance and gait testing
Exercise demonstrations • Brown bag medicine review
Info about falls prevention classes • Demonstration of assistive devices
Tips for caregivers • Prizes & much more!

Driving Laws: My How Things Have Changed!

By: **Barbara Zortman, Director**
Center for Traffic Safety



When was the last time you read the Pennsylvania Driver's Manual? If you're like most of us, the answer would be "many moons ago"! If that's the case, you should be aware that

important traffic safety laws have been passed since you last turned those pages.

Below is only a sampling of those changes.

1. **Headlights aren't just for nighttime driving:** Headlights are required to be on anytime that your wipers are in continuous or intermittent use due to weather conditions. It's not enough if your vehicle has daytime running lights because that technology doesn't engage your tail lights, which also need to be visible during inclement weather.
2. **Work zone season has arrived:** You must turn on your vehicle's headlights, not just

the daytime running lights, when driving through these areas. You may be fined for failure to use your headlights in an active work zone. Also, fines are doubled for violations in active work zones, including speeding. Some violations will result in a driver's license suspension.

3. **Steer Clear:** This law requires motorists to move over or change lanes when approaching an emergency response vehicle on the roadway. If you can't move over safely because of traffic or other conditions, you must at least reduce your speed. An emergency response vehicle is any law enforcement, coroner, firefighters, fire police, fire marshals, rescue personnel, emergency medical services personnel, towing/recovery personnel, hazardous material response team members, and highway construction/maintenance personnel.
4. **Buckle up everyone, every ride:** Pennsylvania law states that everyone in your vehicle under the age of 18 must be properly restrained in an appropriate restraint. For children 8 and under that

means a child safety seat or booster. For the rest, it means the vehicle seat belt. That includes you too!! If you take the time to buckle up everyone but yourself, in a crash, unrestrained occupants become a very dangerous projectile that can cause serious injury or death to other (even restrained) occupants.

It is highly recommended that everyone read the driver's manual even if they've had their license for many years. The Pennsylvania Department of Transportation is no longer printing the driver's manual. You can find the latest copy on line at:
<http://www.dot.state.pa.us/Public/DVSPubsForms/BDL/BDL%20Manuals/Manuals/PA%20Drivers%20Manual%20By%20Chapter/English/PUB%2095.pdf>



If you don't have access to the internet, please contact the Center for Traffic Safety at 717-840-2330.

Elder Abuse Awareness

(continued from pg. 1)

- ❖ Strained or tense relationships and frequent arguments between the caregiver and elderly person are also signs.

Most important is to be alert. The suffering is often in silence. If you notice changes in personality or behavior, you should start to question what is going on.

Signs of Self-Neglect

Tragically, sometimes elders neglect their own care, which can lead to illness or injury. Self-neglect can include behaviors such as:

- ❖ Hoarding
- ❖ Failure to take essential medications or refusal to seek medical treatment for serious illness
- ❖ Leaving a burning stove unattended
- ❖ Poor hygiene
- ❖ Not wearing suitable clothing for the weather
- ❖ Confusion
- ❖ Poor nutritional habits
- ❖ Inability to attend to housekeeping
- ❖ Dehydration

Self-neglect accounts for the majority of cases reported to adult protective services. Oftentimes, the problem is paired with declining

health, isolation, Alzheimer's disease or dementia, or drug and alcohol dependency.

In some of these cases, elders will be connected to supports in the community that can allow them to continue living independently. Some conditions like depression and malnutrition may be successfully treated through medical intervention. If the problems are severe enough, a guardian may be appointed.

Voluntary Reporting Suspected Elder Abuse

Any person who believes that an older adult is being abused, neglected, exploited or abandoned may file a report 24 hours a day with any Area Agency on Aging by calling the statewide elder abuse hotline at 1-800-490-8505, or in York County by calling (717) 771-9610 or 1-800-632-9073. Abuse reports can be made on behalf of an older adult whether the person lives in the community or in a care facility such as a nursing home, personal care home, hospital, etc. Reporters may remain anonymous and they will have legal protection from retaliation, discrimination and civil or criminal prosecution.

Mandatory Reporting

Employees and administrators of nursing homes, personal care homes, domiciliary care homes, adult day care centers and home health care are mandated by Act 13 of 1997 to immediately report any suspected abuse of a

recipient of care to the Area Agency on Aging. If the abuse involves serious injury, sexual abuse or suspicious death, reporters must also call police and the Pennsylvania Department of Aging. In addition, the reporter may also call the Pennsylvania Department of Health Nursing Home Complaint Line at 1-800-254-5164. Failure to report as required by Act 13-1997 can result in administrative or criminal penalties.

Every report of abuse received by the Area Agency on Aging must be investigated to determine if the reported victim needs help to protect him/herself from abuse, neglect, exploitation or abandonment. Each report must be classified as emergency, priority or non-priority. Emergency reports are investigated immediately; priority reports are investigated within 24 hours and non-priority reports within 72 hours.

Source: *Pennsylvania Department of Aging*

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FRAUD ALERT! Google Doc

In the first days of May, a phishing scam involving Google Docs occurred. The email invited you to view a Google document and once clicked, your information could be compromised. The email would then be forwarded to your contacts. Google believes it has shut down the effort to scam using this method, but below are some steps you can take if you believe you were a victim or even if you just want to protect yourself in the future!

What should you do to protect your account?

- Change your password. It's a good idea to do this occasionally, even if you weren't subject to the Google Doc scam.
- Google allows for a Two-Step Verification when signing in, which makes it more difficult for someone to sign in, even if your password is compromised.
- Perform security check-ups on your Gmail account and on your computer. Make sure when performing a check on your computer to use legitimate software!
- Don't open emails or attachments from unknown sources.
- Sometimes the phishing emails can be sent from accounts of friends or family members; if you receive an email from someone that you know and it seems suspicious, contact that person and ask whether they meant to send it to you.
- Report phishing emails.

Assistance Available to Help Seniors with Mosquito Concerns

By: Tom Smith, Program Administrator
York County West Nile Virus Program



Do you or a family member have mosquitoes every summer when the weather gets warm? Do you know someone who can no longer maintain their property due to health issues? The best way to reduce mosquitoes is to make sure that no containers hold stagnant water. Stagnant water can be found from swimming pools to corrugated piping used on downspouts. Anything that can hold water can potentially become a breeding place for mosquitoes. During the summer, mosquitoes complete their life cycle of egg to adult within 7 days, which intensifies the problem. If not properly cared for, items such as a swimming pool or ornamental pond can attract mosquitoes that could plague an entire neighborhood.

It is important to take all precautions to reduce the chance of getting bitten by mosquitoes. Certain species can transmit the often serious, West Nile Virus. Symptoms in humans can range from a mild fever to possibly encephalitis (inflammation of the brain). On rare occasions, West Nile Virus can be fatal. Young children and anyone aged 50 and over are considered higher risk for health issues from West Nile Virus.

Some mosquito species may only be a nuisance. In York County we now have the daytime active Asian Tiger mosquito and cleaning up and eliminating stagnant water is the only way to eliminate this mosquito. This small mosquito has black and white

stripes and is a very aggressive biter. Many people when bitten have reported getting welts the size of a quarter. Then the itching and scratching follows, which can lead to an infection.

Tips to reduce biting mosquito concerns include using an insect repellent. Products with DEET are recommended. Other repellents may also be used. If you are just sitting outside on a porch, deck or patio, take an electric fan outside with you. Mosquitoes don't like the wind, and the fan will help keep them away.

If you have concerns about mosquitoes or questions about potential diseases such as Zika virus, please contact the Penn State Extension York County West Nile Virus Program. This program is supported by the York County Commissioners and Pennsylvania Department of Environmental Protection. County wide mosquito surveillance is performed from the end of April through September each year. There is no cost for this program. Staff will gladly visit your property to provide assistance, make recommendations and perform free treatment of any mosquito sources found. Additional educational literature is also available. For more information readers may contact the York County West Nile Virus Program Administrator, Tom Smith, at 717-840-2375 or by email at TLS35@psu.edu.

Fraud Alert Bulletin

By: Dave Sunday,
Chief Deputy Prosecutor



Greetings fellow York Countians,

This is a Fraud Alert issued by the York County Elder Abuse Task Force. Periodically, members of the York County District Attorney's office who prosecute these

devastating financial crimes will offer warnings about the latest financial scams targeting seniors here in York County. Educating seniors about financial fraud is a top priority of the York County Elder Abuse Task Force. With that in mind, we want every senior in York County to remember the **3 Rs**:

- ◆ **Recognize** a potential scam;
- ◆ **Refuse** to make any hasty decisions; and
- ◆ **Report** suspicious activity to police.

Stay safe and feel free to contact either Chief Deputy Prosecutor Dave Sunday or Assistant District Attorney Alison Glunt at the District Attorney's Office (717-771-9600) with any questions.

FRAUD ALERT!

"Can you hear me now?"

A recent trend in phone scams is the "Can you hear me now?" call. You will receive a call, likely from either a blocked number or a number you are unfamiliar with, and upon answering will immediately hear, "Can you hear me now?" Sometimes there will be additional statements made before the "Can you hear me now?" question; usually the additional statements include complaints about a malfunctioning headset. Although the person on the other end may sound real, automated calls are developing a more natural, conversational style to trick you. These calls are typically robocalls and are pre-recorded. The caller is looking for you to respond with "yes" so they can record it and use the recording later for fraudulent purchases.

What should you do if you get one of these calls?

- DO NOT ANSWER THE QUESTION and hang up.
- Contact your phone provider. There may be services available to block unwanted calls.
- Add your number to the Do Not Call registry.
- File a complaint with the Federal Trade Commission.

Additional Tips

- Be on the lookout for other calls that have questions designed to solicit simple answers of "yes."
- If you get what you believe to be a scam call, don't press any numbers to speak to a live person. The FTC warns that responding in any way may actually lead to MORE robocalls.

2017 York County Senior Games



Join in the fun at the York County Senior Games, being held Monday, June 19th through Friday, June 23rd! There's still plenty of time to register for one or more of the 45

different events being offered during this year's Games.

The mission of the York County Senior Games is to promote healthy lifestyles and fitness for York County men and women aged 50 and older. The Senior Games are organized by the York County Area Agency on Aging in conjunction with the Senior Games Planning Committee. The Games are made possible by sponsors, community and business volunteers, and Agency staff.

Any York County resident 50 years of age or

older as of December 31, 2017 may participate. Age groups are 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89 and 90+.

Event coordinators reserve the right to consolidate age divisions for competition based on insufficient entries and can modify event rules and formats or cancel events. Medals will be awarded within each age group. Some events are open to men and women separately.

There is a \$15 registration fee for an unlimited number of events. **Registration deadline for all registrations is June 14.**

Registrations should be submitted as early as possible because of limited openings in certain events. The registration fee is non-refundable. There are additional fees, payable at the event site, for some events.

Registration booklets can be obtained by contacting the York County Area Agency Aging at (717) 771-9001 or 1-800-632-9073, or by email at aging@yorkcountypa.gov.

Registration booklets and forms are also available at www.ycaaa.org on the "Forms and Documents" page.

The Senior Games Information Desk, located inside the main entrance at Central York High School, will open at 9:00 a.m. on Monday, June 19th and will remain open every day from 9:00 a.m. to 3:00 p.m. through Friday, June 23rd. Participants can pick up their Senior Games t-shirt and add events at this area, but only if previously registered by June 14.

Come and see why the Senior Games are so special to so many people! Some participate for the competition, whereas others for the reward of accomplishment or camaraderie. Some look forward to the reunion of participants while others have made lifelong friends through attending the Games. Don't miss this wonderful opportunity to enjoy the fun, fitness and fellowship of it all!

Games for Fun, Games for Life!

2017 EVENT SCHEDULE

(All events at Central York High School unless otherwise noted)

~Monday, June 19~

Bowling (Hanover Bowling Centre)
Singles 9:00 AM
Doubles 12:00 PM
A Walk in the Park with a York County Doc
(John Rudy Park) 10:00 – 12:00 PM
Table Tennis 2:00 PM
(Hopewell Area Recreation & Parks)

~Tuesday, June 20~

OPENING CEREMONY(Cafeteria) 8:15 AM
Bocce
Ages 80+ 9:00 AM
Ages 75-79 10:00 AM
Ages 70-74 11:00 AM
Ages 65-69 12:00 PM
Ages 60-64 1:00 PM
Ages 50-59 2:00 PM
Ladder Golf Drop In 9:00 AM – 2:00 PM
Soccer Kick Drop In 9:00 AM – 2:00 PM
Washers Drop In 9:00 AM – 2:00 PM
Wii Archery Drop In 10:00 AM – 3:00 PM
Mini Golf Drop In 1:00 – 5:30 PM
(Heritage Hills Golf Resort)

~Wednesday, June 21~

Running (New location –indoor track on second floor of Central's gym)
5K 8:00 AM
50 Meter 9:00 AM
100 Meter 9:45 AM
4X100 Relay 10:45 AM
400 Meter 11:15 AM
Sprint Medley 11:45 AM
1600 Meter 12:15 PM

Throws: **Football, Frisbee & Softball**
Drop In 9:00 AM – 2:00 PM

Shuffleboard
Ages 80+ 10:00 AM
Ages 75-79 11:00 AM
Ages 70-74 12:00 PM
Ages 65-69 1:00 PM
Ages 60-64 2:00 PM
Ages 50-59 3:00 PM

Target Shooting (Izaak Walton League)
1:00 PM

Hoops: **Foul Shooting & Hot Shot**
Drop In 3:00 – 6:00 PM
Trap Shooting (Izaak Walton League)
Optional practice 5:00 PM
Event begins 6:00 PM

~Thursday, June 22~

9-Hole Golf (Little Creek Golf Course)
8:00 AM

Horseshoes (John Rudy Park)
Singles 8:00 AM
Doubles Following Singles

Darts Drop In 9:00 AM – 3:00 PM
Wii Bowling Drop In 9:00 AM – 3:00 PM
500 Card Game 9:30 AM

Hoops: **Foul Shooting & Hot Shot**
Drop In 3:00 – 5:00 PM

Basketball 3-on-3 6:00 PM

~Friday, June 23~

Cornhole Drop in 8:30 AM – 12:00 PM
Darts Drop In 9:00 AM – 1:00 PM
Wii Bowling Drop In 9:00 AM – 1:00 PM
Pinochle 9:30 AM

Swimming
Warm up 9:30 AM
Freestyle 50 yd. 9:45 AM
Backstroke 50 yd. Immediately Following
Breaststroke 50 yd. Immediately Following
Freestyle 100 yd. Immediately Following
Backstroke 100 yd. Immediately Following
Breaststroke 100 yd. Immediately Following
Individual Medley Immediately Following
Freestyle Relay 200 yd. Immediately Following
Medley Relay 200 yd. Immediately Following
Poker 12:00 PM

CLOSING CELEBRATION 4:00 PM

Triathlon

Consists of 3 events: Softball Throw, 100 Meter Run and 50 Yard Freestyle Swim

To participate in the Triathlon, athletes are required to compete in all three events during each of the scheduled event times.

Points will be awarded according to distance/accuracy score in softball throw and times in swimming and running events.

Highest points win in age brackets as follows: 50-54; 55-59; 60-64; 65-69; 70-74; 75-79; 80-84; 85-89, and 90+; Men's and Women's Divisions. Awards will be announced during the Closing Celebration.

16th Annual
York County Senior Games
Opening Ceremony
Tuesday, June 20
8:15 AM
Central York High School
Cafeteria

Join us for an exciting event of fellowship and celebration as we open the 16th annual York County Senior Games.

Parade of Athletes kicks off at 8:15 AM

All current and past participants are needed for the Parade of Athletes

Activities include:

- Veterans Color Guard Presenting the Flag Ceremony
- Singing of the National Anthem
- Greetings from York County Commissioners and Director of York County Area Agency on Aging
- Welcome from Platinum Sponsors
- Recognized Gold Sponsors
- Official Torch Ceremony

Closing Ceremony
Friday, June 23
4:00 PM
Central York High School
Cafeteria

Join the fun as we celebrate the week of memorable events!

**Fellowship; Pictures;
Triathlon Medal Winner
Recognition
&
Ice Cream Social!**

All participants and their families are invited to come together for the Closing Celebration!

THANK YOU SPONSORS!
2017 York County Senior Games

The Games could not be held without the financial support of these organizations!

PLATINUM



*The Brunswick at
Longstown & Colonial
Manor Nursing and Rehab*

UPMC for Life

UPMC Health Plan Medicare Program

GOLD

Pennsylvania LOTTERY
SpiriTrust Lutheran™

SILVER

Coventry- An Aetna Company
Heritage Senior Center
OSS Health
United Healthcare
Victory Athletic Association

BRONZE

Glatfelter Insurance Group
HealthSouth Rehabilitation Hospital of York
Normandie Ridge Senior Living Community
Providence Place Senior Living
VFW Post 2493
Visiting Angels Living Assistance Services
WellSpan Sports Medicine

SUPPORTER

Dallastown American Legion Post 605
Shiloh American Legion Post 791
The UPS Store, Red Lion

MEDIA

NewsRadio 910 WSBA
On-Line Publishers, Inc.

NEW **Where's My Bus? Feature**

Did you know that Paratransit Riders can now log into a website to find out where their Shared Ride bus is in real time? This is a new expansion to the FindMyRidePA project. FindMyRidePA allows riders to book their own or a loved one's trips using a computer or Smartphone and visiting the website: **www.FindMyRidePA.com**. Riders must know their Shared Ride ID to book a trip or to track their bus. Not sure what that is? Call rabbittransit at 1-844-PA4-RIDE (7433) to find out or learn more about using FindMyRidePA today.



Mark Your Calendar!

September 13 and 20 from 1-3:00 PM!

YCAAA is offering **Healthy Steps for Older Adults (HSOA)**, a falls prevention workshop that includes a personal assessment on participants' risk of falling, tips on home safety and proper footwear, information on exercises to increase strength and balance, and nutrition tips to help build stronger bones.

Location and registration information will be in the next issue of *New Horizons*.

The last months
of life should be
more *beautiful*.



Your last months of life should not be spent in a hospital room or ER. You can write the final chapter to be how you want it... and hospice can help you live it.

Not ready for hospice? Consider our home health palliative care program - providing relief, support and guidance to help you through the treatment, stress and uncertainty of living with a serious illness.

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Call (800) 840-9081
www.SpiriTrustLutheranHomeCare.org



VOLUNTEER for the Senior Games!

Volunteers are still needed to assist with the 2017 York County Senior Games.

There are many different volunteer opportunities! Volunteering for the Senior Games can be just as much fun as participating in the events! To learn more about the many volunteer opportunities, call (717) 771-9001.

2017 Senior Farmers Market Nutrition Program



The York County Area Agency on Aging, in conjunction with the Pennsylvania Department of Agriculture, will again distribute fruit and vegetable vouchers to qualifying seniors. This program provides \$20.00 in vouchers to eligible York County seniors to buy fresh fruit and vegetables from participating local farm markets.

York County residents who are 60 years of age or older by December 31, 2017, and have a total gross annual 2017 household income at or below \$22,311 for a single person or \$30,044 for a couple, are eligible to participate. All income is included when calculating total gross income.

Other important information includes:

- **Proof of age and York County residency must be shown to obtain your vouchers.**
- If an individual is unable to pick up their vouchers, another person (proxy) can do so. A 2017 Farmers Market Proxy Form is required, along with **proof of age and residency** for the eligible individual, as well as the proxy's ID. **Only 2017 Proxy forms will be accepted.** This form will be available at local Senior Centers and on the Agency on Aging web site at www.ycaaa.org.
- One individual may not pick up vouchers with a 2017 Proxy Form for more than four people.
- Seniors who are living in a nursing home, personal care home, or other residential facilities where meals are provided are ineligible to receive vouchers.
- Individuals are eligible to receive the vouchers **only once per calendar year.**
- Vouchers can be redeemed from June 1 through November 30.

Vouchers will be distributed at the following locations for as long as the supply lasts:

Heritage Senior Center

3700 Davidsburg Road, Dover

Thursday, June 1 9:00 AM – 11:30 AM

Stewartstown Senior Center

26 South Main Street, Stewartstown

Friday, June 2 9:30 AM – 11:30 AM

Northeastern Senior Community Center

131 Center Street, Mt. Wolf

Monday, June 5 9:30 AM – 11:30 AM

South Central York County Senior Center

150 East Main Street, New Freedom

Tuesday, June 6 9:30 AM – 11:30 AM

Windy Hill on The Campus

1472 Roth's Church Rd, Suite 103, Spring Grove

Thursday, June 8 9:30 AM – 11:30 AM

Crispus Attucks Association

605 South Duke Street, York

Friday, June 9 9:30 AM – 11:30 AM

York Central Market

34 West Philadelphia Street, York

Tuesday, June 27 10:00 AM – 11:00 AM

Susquehanna Area Senior Center

2427 Craley Road, Wrightsville

Wednesday, June 28 9:30 AM – 11:30 AM

White Rose Senior Center

27 South Broad Street, York

Thursday, June 29 9:00 AM – 11:30 AM

Dillsburg Senior Activity Center

1 North Second Street, Dillsburg

Thursday, July 6 9:30 AM – 11:30 AM

Golden Connections Community Center

20-C Gotham Place, Red Lion

Friday, July 7 9:30 AM – 11:30 AM

White Rose Senior Center

27 South Broad Street, York

Tuesday, July 11 9:00 AM – 11:30 AM

Red Land Senior Center

736 Wyndamere Road, Lewisberry

Wednesday, July 12 9:30 AM – 11:30 AM

Hanover Council of Churches

136 Carlisle Street, Hanover

Thursday, July 13 9:30 AM – 11:30 AM

Brown's Orchards & Farm Market (Pavilion)

8892 Susquehanna Trail South, Loganville

Tuesday, July 18 9:30 AM – 11:30 AM

Flinchbaugh's Orchard & Farm Market

110 Ducktown Road, York (Pavilion)

Thursday, July 20 9:30 AM – 11:30 AM

Calvary Bible Church

603 Wilson Avenue, Hanover

Tuesday, July 25 9:30 AM – 11:30 AM

Calvary United Methodist Church

11 North Richland Avenue, York

Thursday, August 3 9:30 AM – 11:30 AM

Brown's Orchards & Farm Market (Pavilion)

8892 Susquehanna Trail South, Loganville

Tuesday, August 8 9:30 AM – 11:30 AM

White Rose Senior Center

27 South Broad Street, York

Tuesday, August 15 9:30 AM – 11:30 AM

Heritage Senior Center

3700 Davidsburg Road, Dover

Thursday, August 24 9:30 AM – 11:30 AM

Friendly Visitor Program Celebrates 40 Years!

York County Area Agency on Aging's Friendly Visitor volunteer program is celebrating its fortieth anniversary this year! In cooperation with the Council of Churches, this program began in 1977 and shortly thereafter became solely under the guidance of the York County Area Agency on Aging.

The program goal is to provide a weekly visit by a volunteer to seniors who have little social contact. Not only do the consumers find this beneficial, but it has been gratifying to the volunteers as well. Some relationships have bloomed over a 10 year period! Over these past forty years, several thousand older adults have a more enjoyable life - thanks to the Friendly Visitors.

The main requirement for the Friendly Visitor volunteer is a willingness to visit an individual on a weekly basis for at least an hour. This is an ideal volunteer position for someone who wants a pleasant and non-demanding role which is, at the same time, exceptionally fulfilling. Volunteers must be 18 years of age and able to complete simple monthly reports. Training is provided.

To apply to become a Friendly Visitor, please call Hope Eberly, Volunteer Coordinator at (717) 771-9610 for an application and training information. Or visit the Volunteer Programs page of www.ycaaa.org to download the application.



Making healthy food choices is a smart thing to do—no matter how old you are! Your body changes through your 60s, 70s, 80s, and beyond.

Food provides nutrients you need as you age. Use these tips to choose foods for better health at each stage of life.

1. Drink plenty of liquids

With age, you may lose some of your sense of thirst. Drink water often. Low-fat or fat-free milk or 100% juice also helps you stay hydrated. Limit beverages that have lots of added sugars or salt. Learn which liquids are better choices.

2. Make eating a social event

Meals are more enjoyable when you eat with others. Invite a friend to join you or take part in a potluck at least twice a week. A senior center or place of worship may offer meals that are shared with others. There are many ways to make mealtimes pleasing.

3. Plan healthy meals

Find trusted nutrition information from ChooseMyPlate.gov and the National Institute on Aging. Get advice on what to eat, how much to eat, and which foods to choose, all based on the Dietary Guidelines for Americans. Find sensible, flexible ways to choose and prepare tasty meals so you can eat foods you need.

Choosing Healthy Meals As You Get Older: 10 Healthy Eating Tips for People Age 65+

4. Know how much to eat

Learn to recognize how much to eat so you can control portion size. MyPlate's SuperTracker shows amounts of food you need. When eating out, pack part of your meal to eat later. One restaurant dish might be enough for two meals or more.

5. Vary your vegetables

Include a variety of different colored vegetables to brighten your plate. Most vegetables are a low-calorie source of nutrients. Vegetables are also a good source of fiber.

6. Eat for your teeth and gums

Many people find that their teeth and gums change as they age. People with dental problems sometimes find it hard to chew fruits, vegetables, or meats. Don't miss out on needed nutrients! Eating softer foods can help. Try cooked or canned foods like unsweetened fruit, low-sodium soups, or canned tuna.

7. Use herbs and spices

Foods may seem to lose their flavor as you age. If favorite dishes taste different, it may not be the cook! Maybe your sense of smell, sense of taste, or both have changed. Medicines may also change how foods taste. Add flavor to your meals with herbs and spices.

8. Keep food safe

Don't take a chance with your health. A food-

related illness can be life threatening for an older person. Throw out food that might not be safe. Avoid certain foods that are always risky for an older person, such as unpasteurized dairy foods. Other foods can be harmful to you when they are raw or undercooked, such as eggs, sprouts, fish, shellfish, meat, or poultry.

9. Read the Nutrition Facts label

Make the right choices when buying food. Pay attention to important nutrients to know as well as calories, fats, sodium, and the rest of the Nutrition Facts label. Ask your doctor if there are ingredients and nutrients you might need to limit or to increase.

10. Ask your doctor about vitamins or supplements

Food is the best way to get nutrients you need. Should you take vitamins or other pills or powders with herbs and minerals? These are called dietary supplements. Your doctor will know if you need them. More may not be better. Some can interfere with your medicines or affect your medical conditions.

Go to www.ChooseMyPlate.gov and www.nia.nih.gov/health/topics/nutrition for more information.

Source: "Choosing Healthy Meals as you Get Older",
National Institute on Aging, United States
Department of Agriculture, Center for Nutrition
Policy and Promotion, DG TipSheet No. 42

Self-Management Education: Learn More – Feel Better!

Steps to Healthier Living™ Self-Management Programs, developed by Stanford University, are workshops designed to help individuals gain confidence and skills to better manage their condition and live life to the fullest. These peer-led programs focus on decision-making, goal setting, problem solving and action planning. Each program is conducted over 6 workshops, once a week for 2 ½ hours. Participants receive a companion book, *Living a Health Life with Chronic Conditions*, audio relaxation CD and local resource information. The York County Area Agency on Aging is currently offering both **Chronic Disease Self-Management and Diabetes Self-Management** workshops at various community sites, as listed below. If you are involved with a church or civic organization and would like to host a program, feel free to call us at (717) 771-9610.

Diabetes Self-Management Program **Who can participate?**

- Age 50+ and living with type 2 diabetes
- Age 18+ and living with a disability and type 2 diabetes
- Caregiver of one of the above eligible categories

What is a Self-Management Tool Box for Diabetes?

Workshop topics include the following tools: healthy eating, exercise, stress management, monitoring blood sugar, effective communication, dealing with difficult emotions, medications, working with your health care provider, avoiding complications, action planning and problem solving.

This program is designed for those newly diagnosed with type 2 diabetes and as a refresher for older adults who have been living with the disease for some time. Family members are welcome to participate.

Where is the next workshop being held?

St. Peter's Lutheran Church

947 N. George Street, York, PA 17404
Thursdays, July 13, 20, 27 and August 3, 10, 17
9:00 AM – 11:30 AM

How do I register?

Pre-registration is required. For more information, or to register, call the York County Area Agency on Aging at (717) 771-9610 or 1-800-632-9073.

Chronic Disease Self-Management

Who can participate?

- Age 60+ and living with a chronic condition
- Caregiver of someone who is 60+ and is living with a chronic condition

What is a Self-Management Tool Box for Chronic Disease?

Workshop topics include the following tools: physical activity, weight management, breathing techniques, decision-making, problem solving, actions plans, using your mind, healthy eating, working with healthcare professionals, understanding emotions, sleep, communication, and medications.

Where is the next workshop being held?

Windy Hill on the Campus

1472 Roth's Church Road,
Spring Grove, PA 17362
Wednesdays, July 5 to August 9, 2017
9:30 AM—12:00 PM

How do I register?

Pre-registration is required. For more information, or to register, call Windy Hill on the Campus at (717) 225-0733.

Inpatient or Outpatient Hospital Status Affects Your Costs

Your hospital status—whether you’re an inpatient or an outpatient—affects how much you pay for hospital services (like X-rays, drugs, and lab tests). Your hospital status may also affect whether Medicare will cover care you get in a skilled nursing facility (SNF) following your hospital stay.

You’re an inpatient starting when you’re formally admitted to the hospital with a doctor’s order. The day before you’re discharged is your last inpatient day.

You’re an outpatient if you’re getting emergency department services, observation services, outpatient surgery, lab tests, or X-rays, or any other hospital services, and the doctor hasn’t written an order to admit you to a hospital as an inpatient. In these cases, you’re an outpatient even if you spend the night in the hospital.

NOTE: Observation services are hospital outpatient services you get while your doctor decides whether to admit you as an inpatient or discharge you. You can get observation services in the emergency department or another area of the hospital.

The decision for inpatient hospital admission is a complex medical decision based on your doctor’s judgment and your need for medically necessary hospital care. An inpatient admission is generally appropriate when you’re expected to need 2 or more midnights of medically necessary hospital care. But, your doctor must order such admission and the hospital must formally admit you in order for you to become an inpatient.

Here are some common hospital situations and a description of how Medicare will pay. Remember, you pay your deductible, coinsurance, and copayment.

Source: www.Medicare.gov

Situation	Inpatient or Outpatient	Part A pays	Part B pays
You’re in the Emergency Department (ED) (also known as the Emergency Room or “ER”) and then you’re formally admitted to the hospital with a doctor’s order.	Outpatient until you’re formally admitted as an inpatient based on your doctor’s order. Inpatient following such admission.	Your inpatient hospital stay	Your doctor services
You visit the ED and are sent to the intensive care unit (ICU) for close monitoring. Your doctor expects you to be sent home the next morning unless your condition worsens. Your condition resolves and you’re sent home the next day.	Outpatient	Nothing	Your doctor services
You come to the ED with chest pain, and the hospital keeps you for 2 nights. One night is spent in observation and the doctor writes an order for inpatient admission on the second day.	Outpatient until you’re formally admitted as an inpatient based on your doctor’s order. Inpatient following such admission.	Your inpatient hospital stay	Doctor services and hospital outpatient services (for example, ED visit, observation services, lab tests, or EKGs)
You go to a hospital for outpatient surgery, but they keep you overnight for high blood pressure. Your doctor doesn’t write an order to admit you as an inpatient. You go home the next day.	Outpatient	Nothing	Doctor services and hospital outpatient services (for example, surgery, lab tests, or intravenous medicines)
Your doctor writes an order for you to be admitted as an inpatient, and the hospital later tells you it’s changing your hospital status to outpatient. Your doctor must agree, and the hospital must tell you in writing—while you’re still a hospital patient before you’re discharged—that your hospital status changed.	Outpatient	Nothing	Doctor services and hospital outpatient services

NOTE: The copayment for a single outpatient hospital service can’t be more than the inpatient hospital deductible. However, your total copayment for all outpatient services may be more than the inpatient hospital deductible.

NOTE: Remember, even if you stay overnight in a regular hospital bed, you might be an outpatient. Ask the doctor or hospital. **You may get a Medicare Outpatient Observation Notice (MOON) that lets you know if you’re an inpatient or outpatient in a hospital or critical access hospital.** You must get this notice if you’re getting outpatient observation services for at least 24 hours.

The MOON will tell you why you’re an outpatient getting observation services, instead of an inpatient. It will also let you know how this may affect what you pay while in the hospital, and for care you get after leaving the hospital.

Know Anyone In Need of Home Repairs?

The York County Home Improvement Program and York City Owner-Occupied Rehabilitation Program, administered by the Housing Division of the York County Planning Commission, are looking for qualified applicants. The programs are designed to help income eligible resident homeowners in York County and York City by providing financial and technical assistance for necessary home repairs including, but not limited to, roofing, heating, electrical, plumbing, sewer/water and septic hookups, and Senior Safe/ADA modifications to owner occupied homes.

Funds are provided in the form of a zero interest loan with a deferred payment. This means that a mortgage in the amount of the loan is filed against your property for security. As long as you, the program participant, remain the occupant and owner of the property, no payment

is required and no interest is charged. When the property is sold or transferred or it ceases to be your residence, the full balance on the loan becomes due and payable. The deed to the property remains in your name and is not transferred to the County or the City of York.

To qualify for the program you must meet the income eligibility and your property must have conditions defined as substandard by the local housing code or by the program’s rehabilitation standards. The goal of the Program is to help you bring your home into standard condition.

Grant funds may be available to qualified homeowners age 55 and older, or disabled individuals.

For more information about these programs, and income requirements, please contact Kim Walston at (717) 771-9870, ext. 1750, or by e-mail at kwalston@ycpc.org.

Medicare Savings Programs (MSPs)



The Medicare Savings Programs provide assistance to low-income older adults and persons with disabilities pay for their Medicare Part B premium costs. Some people may also qualify for help with their Medicare deductibles and coinsurance.

The table below shows the monthly income and resource amounts to qualify for this program:

Household Size	Income	Resources
1	\$1,377	\$7,390
2	\$1,847	\$11,090

Individuals could have higher income and resources than those listed because the Department of Human Services (DHS) may not count all of their income and assets.

The Department of Human Services (DHS) will not count certain assets at all when determining eligibility for the Medicare Savings Program. Those that are **not** counted include:

- The person’s residence and the property surrounding it
- One motor vehicle
- Burial plots and
- Prepaid burial accounts also called irrevocable burial reserves.

Applications for this program are available online at www.compass.state.pa.us or by contacting the APPRISE Program of the York County Area Agency on Aging at (717) 771-9008 or 1-800-632-9073.



A MATTER OF BALANCE
MANAGING CONCERNS ABOUT FALLS

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.

This program emphasizes practical strategies to manage falls.

Participants will learn to:

- View falls as controllable
- Set goals for increasing activity
- Make changes to reduce fall risks at home
- Exercise to increase strength and balance

APPRISE Counseling Sites through September 2017

- **Delta Senior Center**
5 Pendyrus Street, Suite 1, Delta
First Thursday of the month
- **Spring Garden Township Office**
340 Tri Hill Road, York
First Thursday of the month
- **Golden Connections Community Center, Inc. (Formerly Red Lion Senior Center)**
20-C Gotham Place, Red Lion
Second Monday of the month
- **Windy Hill on the Campus Senior Center**
1472 Roth’s Church Road, Suite 103, Spring Grove
Second Wednesday of the month
- **Manchester Township Municipal Office**
3200 Farmtrail Road, York
Second Thursday of the month
- **Yorktown Senior Center**
509 Pacific Avenue, York
Third Tuesday of the month
- **Springettsbury Township Municipal Office**
1501 Mt. Zion Road, York
Third Wednesday of the month
- **Windy Hill on the Campus Senior Center**
1472 Roth’s Church Road, Suite 103, Spring Grove
Fourth Monday of the month
- **West Manchester Township Municipal Office**
380 East Berlin Road, York
Fourth Wednesday of the month

Find the site near you and call us at (717) 771-9610 or 1-800-632-9073 for an appointment.

Who should attend?

- Anyone concerned about falls
- Anyone interested in improving balance, flexibility and strength
- Anyone who has fallen in the past
- Anyone who has restricted activities because of falling concerns.

The following are upcoming workshops offered through the Falls Free Coalition of York County.

Providence Place Senior Living
3377 Fox Run Road, Dover
June 5 to June 28, 2017
Mondays & Wednesdays, 9:00 AM–11:00 AM
Register by calling Megan Craley at (717) 771-9610

Apple Hill Medical Center
25 Monument Road, Suite 188, York, PA 17403
July 19 to September 13, 2017
Wednesdays, 9:30 AM-11:30 AM
Register by calling (717) 851-3082

Considering Retirement Soon?

Are you near retirement or recently retired, and confused about choosing Medicare plans? We can help! **Attend this free seminar** to get the facts and learn to better navigate the Medicare system. It will be held on Monday, July 17, 2017 from 6 p.m. to 9 p.m. in Meeting Room 1 of the Penn State Extension Offices. The Penn State Extension Offices are located in the York County Annex, 112 Pleasant Acres Road in Springettsbury Township.

This free event will be presented by the York County Area Agency on Aging APPRISE Program. Seminar topics include:

- Review of benefits provided under Medicare
- Original Medicare and Medicare Advantage Plan coverage options
- Medicare prescription drug coverage and tools to navigate the “Drug Plan Finder”
- Medicare Savings Programs
- Medicare Preventive Services
- Supplemental Insurance/Medigap Plans
- MyMedicare.gov and other technological tools

Pre-registration is required as seating is limited. Please call (717) 771-9008 or 1-800-632-9073 for registration and further information.



“We’ll develop your plan of care together. Face to face.”

At Senior LIFE, we partner with our members and their family to develop a personalized plan of care. Each Senior LIFE member receives a local dedicated healthcare team and individualized services to meet their needs and improve their quality of life. It’s what we do, and we have been doing it successfully for years. There are NO costs for Senior LIFE Services for those who qualify. To learn more about Senior LIFE, call 717-757-5433.

LIFE enrollment starts now.
Choose Senior LIFE.



www.SeniorLIFEYork.com • 717-757-5433
1500 Memory Lane Ext, York, PA 17402

The Importance of Locking up your Medications and Proper Disposal of Unused Medications

By: **Brittany Shutz, BA**
Prevention Program Specialist Trainee
York/Adams Drug & Alcohol
Commission



Prescription medications, when used correctly, are usually safe and effective. However, it is estimated that 6.5 million

Americans currently abuse prescription drugs. This misuse of prescription drugs leads to devastating consequences. From 2000-2013, there has been a 71% increase in prescription drug abuse from 3.8 million to the now 6.5 million. Two-thirds of teens accessed prescription medicine from their friends, family and acquaintances. It is important to monitor, secure and properly dispose of medications to reduce the potential for intentional and accidental misuse.

Project Lock Your Meds, a campaign through National Family Partnership, provides a wide range of advertisements, posters, educational materials, games and presentations to help individuals learn more about the importance of safeguarding your medications. They suggest taking preventative steps to reduce unwarranted access to prescription drugs. It is important to remove drugs from your medicine cabinet and hide them/ lock them up. They suggest monitoring the quantities of your medications as well; obtain lock boxes that can be purchased to safely store your medications. Lock boxes are available at retailers, such as Walmart or Target, and can be ordered online. Proper storage of medications also reduces the chance of young children accidentally accessing potentially harmful substances. Safely secure

your prescriptions in the same approach as you would secure other valuables.

Another important step to safeguard your medications is the proper disposal of unused/ expired medications. Medicines that are flushed down a toilet or sink contaminate water resources and can have a negative impact. Public wastewater treatment plants and septic systems are not designed to handle medications. Over time, wells and drinking water suppliers are affected. Additionally, improperly discarded medication containers can provide sensitive information as well. Do not throw away medicine containers in the trash without removing all personal identification. To properly dispose unused and expired medications, take them to a county drop-off event or deposit them in one of the permanent medication collection boxes located throughout the county. Sixteen York County police departments, in partnership with the York County Solid Waste Authority, provide medication take-back boxes. In 2016, The York County Solid Waste Authority collected 4.2 tons

of medications. These take-back boxes provide a secure disposal option for unused and expired medications. The disposal of these unused medications is free to the public. The medication take-back boxes work similar to a mail-box; they are large metal boxes secured to the floor or wall. Anything deposited in the box cannot be retrieved and are locked in a secure compartment only accessible to law enforcement. Police officers deliver the contents to the York County Solid Waste Authority's waste-to-energy facility for safe destruction. If you do not have access to a medication take-back event or to one of the permanent drop-off locations, the FDA has a set of specific guidelines for other safe disposal option (see links below.)

As parents, grandparents, family members and friends, we can all play a role in reducing prescription drug abuse by becoming more educated, and safeguarding medications from accidental and intentional misuse.

Sources: www.pastop.org, www.lockyourmeds.org
www.fda.gov, www.drugfree.org, www.ycswa.com

Take-Back Box Locations

Residents interested in dropping medication at a take-back box location should remove their personal information from containers before depositing them in boxes. **ONLY RESIDENTIAL** prescription or over-the-counter medications are accepted. Syringes and other "sharps" are not accepted in this program. The public may deposit unwanted medications anonymously in the take-back boxes during lobby hours as listed below, except on holidays.

Carroll Township Police Department

555 Chestnut Grove Road, Dillsburg
Monday through Friday, 8:30AM to 4:30PM

City of York Police Department

50 West King Street, York
Monday through Friday, 6 AM to 10:30 PM

Fairview Township Police Department

145 Limekiln Road, Suite 600, New
Cumberland
Monday through Friday, 8 AM to 4:30 PM

Hanover Borough Police Department

44 Frederick Street, Hanover
Monday through Friday, 8 AM to 4:30 PM

Hellam Township Police Department

44 Walnut Springs Road, York
Monday through Friday, 8 AM to 4:30 PM

Newberry Township Police Department

1905 Old Trail Road, Etters
Monday through Friday, 8:30 AM to 4:30 PM

Northeastern Regional Police Department

5570 Board Road, Mount Wolf
Monday through Friday, 7:30 AM to 4 PM

Northern York County Regional Police Department

1445 East Canal Road, Dover
Monday through Friday, 8 AM to 4:30 PM

Penn Township Police Department

20 Wayne Avenue, Hanover
Monday through Friday, 8 AM to 4:30 PM

Southern Regional Police Department

47 E. High Street, New Freedom
Monday through Friday, 8 AM to 4 PM

Southwestern Regional Police Department

6115 Thoman Drive, Spring Grove
Monday through Friday, 8 AM to 4:30 PM

Spring Garden Township Police Department

340 Tri Hill Road in Spring Garden Township
Monday through Friday, 8 AM to 4:30 PM

Springettsbury Township Police Department

1501 Mount Zion Road, York
Monday through Friday, 8 AM to 5 PM

West Manchester Township Police Department

380 East Berlin Road, York
Monday through Friday, 8 AM to 4:30 PM

West York Borough Police Department

1381 W. Poplar St., York
Monday through Friday, 9 AM to 4:30 PM

York Area Police Department

33 Oak Street, York
Monday through Friday, 8 AM to 5 PM
For more information about the program, visit the Authority's web site at: www.ycswa.com.



Access to Care an issue for you?

Access to Care is a committee that was formed to help further bridge the gap between healthcare and transportation barriers. This initiative identified a general lack of awareness regarding Public Transportation options, primarily Shared Ride/Paratransit, including how this service can better meet mobility needs. As a result of the work from the committee, rabbittransit has created an awareness video that will help educate healthcare professionals, community stakeholders and the general public to answer the question: "What is Shared Ride?". Check out the video at <https://www.youtube.com/watch?v=vPxDNkGbkw> to discover more about paratransit in your area.

Be Fire Safe!

Reflections by: Kraig E Herman, IAAI-CFI, Public Education Specialist at Pennsylvania Office of the State Fire Commissioner

Do you know how many fire deaths there have been in homes in the United States that had PRESENT and WORKING smoke alarms installed? The answer is ZERO! So why isn't each home equipped with smoke alarms if they have been proven to save lives? My opinion is that people do not think a fire will happen to them and they become complacent. This month's fire safety message from the *Remembering When* program is "**Smoke alarms save lives**". Please – be proactive and have working smoke alarms installed in your homes!

Even though I believe the main reason why homes do not have smoke alarms installed is because people think fires happen only to other people, I still feel that people do not believe in, or understand smoke alarms. When my co-workers and I present the fire safety messages from the "*Remembering When*" program and we come to this message, I share a story I read about in a publication last year. In Louisville, the fire department mans booths at local events and distribute smoke alarms to residents, with a goal to have many homes equipped with smoke alarms in their city. However, on July 4, 1989, the fire department responded to a house fire

that killed six children. Laying on a coffee table was one of the smoke alarms that the fire department provided, but was never installed. The firemen from the first engine to arrive took this personally, and, on their own doing, stopped handing out smoke alarms; instead, they began to install them! The idea spread to the other fire stations that make up Louisville Fire Department and within a few years, Louisville was seeing a 30% plus reduction in fire deaths. All because more smoke alarms were installed into homes which provided occupants with early fire detection.

Smoke alarms should be installed on every level of your home, inside each bedroom, and outside each sleeping area. If you have the ability to have your smoke alarms interconnected, meaning when one sounds they all sound, this is recommended. Smoke alarms should be tested on a monthly basis. If you are unable to reach your smoke alarm to test it, ask someone to do for you. Call your local fire department; I am certain someone will come out and assist you.

Most smoke alarms today come with a sealed battery in it, meaning the battery cannot be taken out. This eliminates the issue of a pesky smoke alarm that may sound each time you cook or take a shower, and removing it when needing a battery for the TV remote. The smoke alarms equipped with sealed batteries last ten (10) years before needing to be replaced. Aside from testing them monthly (and cleaning off the dust), no other maintenance is required.

If you have difficulty hearing, there are smoke alarms available that flash lights to alert you, or have devices called "bed shakers" that attach to your bed and shake it when the alarm goes off.

When we talk about smoke alarms, people also have a tendency to ask us about carbon monoxide detectors. For a little more money, you can purchase a combination smoke/carbon monoxide alarm to place in your home. I would recommend these combination alarms be the detectors you place on each level of the home, outside each sleeping area and in the garage and basement of your home, especially if you have gas appliances, wood stoves, fireplaces and attached garages. Whether you have individual smoke and carbon monoxide alarms or combination units, they still need to be tested on a monthly basis and will have sealed batteries in them.

If you know you need smoke alarms in your home, contact your local fire department to see if they have a smoke alarm installation program.

In the next issue of *New Horizons*, we will discuss the fire safety message dealing with home escape planning. Until then, remember **SMOKE ALARMS DO SAVED LIVES** and please, be fire safe!

If you are interested in having a *Remembering When: A Fire and Fall Prevention Program for Older Adults* presentation for your group, please contact Scott Steffen at rsteffen@pa.gov.

**By: Stephen A Bock, MD
Thomas Hart Family Practice
York Hospital**

Sure, they may not get the same attention as your hands, your head, or your heart; but these unsung heroes of our daily lives deserve some credit. You may think athletes are the only people who need to take special care of their feet, but as long as you are walking every day you will be better off if your feet are at their best. As anyone currently using crutches will tell you, getting by without them is quite the hassle! Foot comfort is a priority for all sorts of folks, but be sure not to forget about foot hygiene and foot awareness. Start the year off on the right foot, and make sure you're taking all the necessary steps to maintain good foot health in 2017!

If the shoe fits...

Pick the right shoe for you! Just as people come in all shapes and sizes, so do feet. If you pick the wrong shoe for your feet, your feet can really hurt at the end of the day! So next time you go out and buy a pair of shoes, be sure to go to a store and ask to have both your feet mea-

sured before you buy. If you still have foot pain after that, make an appointment with your family doctor or a podiatrist to see what else they can do for your foot comfort.

Little germs can cause big foot problems...

Taking care of your feet means more than putting them in the right shoe. You can also make strides to keep germs away from them. Even a little bit of moisture can allow the fungus that causes athlete's foot to grow. And athlete's foot is no little problem! Athlete's foot damages the skin and allows other germs to cause serious infections that can land you in the hospital. If you don't want that to happen to you, try to live by these three rules: First, wash your feet every day to wash germs and dirt off of them. This will stop germs from building up. Second, make sure to dry your feet after washing them. Spend extra time drying between the toes. Be sure the skin between your toes is dry before donning your socks. This will get rid of the moisture that allows foot fungus to grow. Third, don't wear the same pair of shoes every day. This will also help stop fungus from building up. If you follow these three simple rules, you can stop foot infections from ever even starting! If you do develop athlete's foot be sure to consult your

doctor about effective treatment and keep treating it until you are healed.

Keeping an eye on your feet...

If infections do start, the most important thing you can do is to catch them early. With many medical conditions people can lose some feeling in their feet, so you can't always trust how they feel. The best thing you can do to catch these problems early is to look at your feet every day. It is easy for most people to look at the top part of their feet, but it's not always so simple to look at the bottom parts. If you can't easily look at them yourself ask someone to help you. If you can't get anyone to help, try putting a mirror on the floor and hold your feet above the mirror to look. If you see any redness, peeling, sores, or breaks in the skin; call your doctor right away to get it taken care of before it turns into a big problem.

Make sure your feet are a priority in 2017. Keep them comfy, keep them clean, and make sure you keep an eye on them so they don't pick up any infections. These simple preventive steps for your feet will allow those feet to keep taking plenty of steps for you for years to come!

Source: *APMA.org* (American Podiatric Medical Association)

Pre-Need Funeral Arrangements

By: Robert Clofine
Certified Elder Law Attorney practicing in York

Funerals rank among the most expensive purchases many consumers will ever make. A traditional funeral in the York area, including a casket and vault, typically costs around \$9,000, although extras like flowers, obituary notices, acknowledgment cards or limousines can add thousands of dollars to the bottom line. I see some funerals in the York area exceeding \$14,000. To add to the challenge, the family is often faced with making the funeral decisions at a time of great emotional distress. Because of these issues, more people are choosing to make what the funeral industry calls “preneed funeral arrangements”.

“Preneed planning” allows you to designate your own funeral preferences. It allows you to choose the specific items and services you want, and allows you to compare prices at more than one funeral home if you wish to shop around. Perhaps most importantly, pre-need planning spares your survivors the stress of making funeral arrangements under the pressure of time and strong emotions.

While pre-planning the funeral often makes sense, it doesn’t mean you have to pre-pay. If your estate will clearly have sufficient funds to cover the cost of your funeral, then pre-paying is probably unnecessary. If you want to pre-pay, the method of pre-payment will often be dictated by the funeral home, as they each seem to have their own preferred way of handling the pre-payment arrangements. Many of the local funeral homes use life insurance as the way of funding the pre-payment. With this option, you enter into an agreement with the funeral home where they agree to provide the funeral services and products for a set price. Instead of actually making the payment to the funeral home, you make a lump-sum payment that purchases a life insurance policy. When you die, the insurance death benefit is then paid directly to the funeral home to cover the cost of the funeral.

Other funeral homes handle their pre-payments with irrevocable trust accounts. In some plans, the consumer picks out the services and merchandise desired for the funeral, and then prepays the money to pay for that specific funeral. The interest earned by the investment of the consumer’s advance payment helps cover the increases in funeral costs that will occur over time. As part of this type of arrangement, the funeral director

may guarantee to provide the funeral service you choose for whatever funds are in the account at your death, regardless of the actual cost of the service on the date of your death. Thus, this option may have the advantage of protecting your family from the effects of future price increases.

In other plans, the consumer merely pays a flat fee to the funeral director. The funeral director agrees to invest the funds and, upon your death, to apply the funds to your funeral expenses. Any extra funds left after payment of funeral costs will be distributed according to the terms of your contract with the funeral director. Depending on the terms of that contract, the excess funds might be paid to your family or your estate, or might be retained by the funeral home. Under this option, if the funeral expenses exceed the prepaid funds, then your family or estate will have to make up the difference. Consumers should be aware that Pennsylvania does have certain protections in place that require all licensed funeral directors to deposit the entire funds received under a prepaid contract into an escrow account or into a trust administered by a banking institution located within Pennsylvania. These protections are not available if you purchase funeral merchandise from other sources, however.

One issue with pre-paying has to do with

the ability to transfer the preneed funds to a different funeral business. Under current regulations and practices, not all preneed accounts are transferrable to another funeral home. If you are not sure that you want to be locked in with a particular funeral home, you might want to consider handling the pre-payment by creating a burial account directly with a bank. Some banks offer what are called “irrevocable” burial reserve accounts, which can only be paid to a funeral home upon your death, or you can purchase your own special “pre-need funeral” life insurance policy. While these options will not lock-in the price of the funeral, they do allow maximum flexibility as your survivors can choose whatever funeral home they desire.

With all of the pre-payment options, as long as the account is “irrevocable,” the funds will not have to be used to pay nursing home costs if you ever need to apply for Medicaid. “Irrevocable” in this sense means the funds cannot be returned to the consumer and must be used to pay funeral expenses.

In general, if you make advance arrangements for your funeral, you will ease the emotional burden on your family at the time of your death. Paying in advance, however, is not always necessary or advisable. Proceed with caution before you prepay.

2017 York County Parks: A Sampling of Summer Programs



May – October

Hanover Junction and New Freedom Train Stations Open on Weekends – free
Saturdays – 10 am – 5 pm
Sundays (June-September) 1 – 5 pm

June 10 – October 1

Wallace-Cross Mill Open Houses

Sundays – 1:30 – 4:30 pm
Check website or call York County Parks for special programs and other days open
Free admission

June 14 - 7:00 pm

Porch Talk at Hanover Junction
Women of the Civil War with
Station Greeter, Ray Kinard
Bring a chair; program is free.

June 15

Park Excursion at John Rudy County Park
Times are 11:00 am and 1:00 pm; \$7/person.
See the features of the park including Canine Meadows, Overlook, Penn State Master Gardeners’ flower beds, Maintenance Shop, and view the sun at the Observatory.

June 28 - 7:00 pm

Porch Talk at Hanover Junction
Invasion of the Hanover Junction Train Station with Civil War Historian, Scott Mingus
Bring a chair; program is free.

July 1 – 8

Reptile Week at Nixon County Park
Includes some special programs during regular Nature Center hours
\$3/person; children under age 6 and Park members are free.

July 12 - 7:00 pm

Porch Talk at New Freedom Train Station
Train Cars Built in the 19th century in York County by York Daily Record blogger, Stephen Smith
Bring a chair; program is free.



YORK COUNTY SENIOR CENTERS

Senior centers are a place for socialization, health promotion, learning, and a gateway to fun, friends and fulfillment! York County residents age 60 and older are welcome to visit a center in their area and enjoy the many activities available to them. Listed below is the contact information for York County senior centers:

CRISPUS ATTUCKS ASSOCIATION

605 South Duke St., York
Director: Robin Beatty-Smith
Phone: 848-3610
Hours: Monday-Friday, 9:00 AM - 4:00 PM
Website: www.crispusattucks.org

DELTA AREA SENIOR CENTER, INC.

5 Pendyrus St., Suite 1, Delta
Director: Kim Maglaughlin
Phone: 456-5753
Hours: Monday- Friday, 7:00 AM -2:00 PM
Website: www.deltaseniorcenter.net

DILLSBURG SENIOR ACTIVITY CENTER, INC.

1 North Second St., Dillsburg
Director: Scott Shughart
Phone: 432-2216
Hours: Monday- Friday, 8:00 AM- 3:00 PM

GOLDEN CONNECTIONS COMMUNITY CENTER, INC.

20-C Gotham Place, Red Lion
Director: Heather Goebeler
Phone: 244-7229
Hours: Monday-Friday, 7:30 AM-2:30 PM
Website: www.gcccenter.com

HERITAGE SENIOR CENTER, INC.

3700-4 Davidsburg Road, Dover
Director: Emma Crossley
Phone: 292-7471
Hours: Monday- Friday, 8:00 AM- 3:00 PM
Website: www.heritagesrcenter.org

NORTHEASTERN SENIOR COMMUNITY CENTER

P.O. Box 386
131 Center St., Mount Wolf
Director: Deb Davis
Phone: 266-1400
Hours: Monday-Friday, 8:00 AM –2:00 PM
Website: [http:// www.mtwolf.org/SeniorCenter/](http://www.mtwolf.org/SeniorCenter/)

RED LAND SENIOR CENTER, INC.

736 Wyndamere Road, Lewisberry
Director: Jen Washburn
Phone: 938-4649 or 938-4640
Hours: Monday through Friday, 8:30-3:00 PM
Website: www.redlandseniorcenter.org

SEPTEMBER HOUSE SENIOR CENTER

1251 West King St., York
Director: Susan K. Jones
Phone: 848-4417
Hours: Monday-Friday, 8:00 AM- 4:00 PM

SOUTH CENTRAL YORK COUNTY SENIOR CENTER, INC

150 East Main St., New Freedom
Director: Sandy Wehr
Phone: 235-6060
Hours: Monday- Friday, 8:00 AM-3:00 PM
www.southcentrallyorkcountysrctr.webs.com

STEWARTSTOWN SENIOR CENTER, INC.

26 South Main St., Stewartstown
Director: Rosie Horton
Phone: 993-3488
Hours: Monday-Friday, 8:30 AM-3:00 PM
Website: www.stewsenior.org

SUSQUEHANNA SENIOR CENTER, INC.

2427 Craley Road, Wrightsville
Director: Trena Howard
Phone: 244-0340
Hours: Monday-Friday, 8:00 AM – 2:30 PM
Website: www.susquehannaseniorcenter.org

WHITE ROSE SENIOR CENTER, INC.

27 South Broad St., York
Director: Lisa Krout
Phone: 843-9704
Hours: Monday-Friday, 8:00 AM- 4:00 PM
Website: www.whiteroseseniorcenter.org

WINDY HILL ON THE CAMPUS, INC.

1472 Roth's Church Road, Suite 103, Spring Grove
Director: Tammy Miller
Phone: 225-0733
Hours: Monday-Friday, 8:30 AM- 2:30 PM
Website: www.windyhillonthecampus.org

YORKTOWN SENIOR CENTER, INC.

509 Pacific Avenue, York
Director: Jennifer Stitzel
Phone: 854-0693
Hours: Monday- Friday, 8:00 AM- 3:00 PM
Website: www.yorktownseniorcenter.org

Late July – September
Moonlight Boat Rides on Lake Redman,
William Kain County Park
8:30 – 11 pm (September 7:30 – 10:30 pm)
Twice a month on Friday nights.
\$30/couple if using county-owned boat or \$20/
couple for privately-
owned boat.

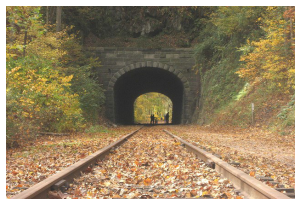
July 27 & October 12
11:00 am, 1:00 & 7:00
pm (July)
(5:30 pm in October)

**Rail Trail County
Park,
Brillhart Station Parking Area**
60 minute program;
\$10 per person

See historic Howard Tunnel and hear about the
local history, folklore, and nature.

July 29 - **Panning for Gold in Spring Valley
County Park,** 9 am - 2 pm; program is free.

This is only a small sampling of programs
offered. Check the website at
www.yorkcountyparks.org or call the York
County Parks at (717) 840-7440 for more
information and programs. Some programs
require registration.



DreamWrights will once
again offer StAGES, a
theatre program

designed for adults over age 50. This
program, sponsored in part by AARP and
the Cultural Alliance Creative Impact
Award, encourages active participation in
the arts where you will meet new people,
'make art,' and enjoy the benefits of
"creative aging." **You are invited to play!
Free yourself to live in the moment.**

StAGES is open to new and returning
participants but is limited to the first 20
enrollees. StAGES will once again
incorporate many facets of theatre arts to
create a program that inspires laughter,
challenges us to think on our feet, and
encourages strong community among
adults over 50.

The fall ten-week series will culminate
with a celebratory shareback performance,

StAGES

(open to the public and free of charge). The
shareback will allow audiences to see "under
the hood" of the exercises and participate in a
Question & Answer talkback with the
participants. Following the shareback, an
informal "coffee conversation" will provide
an opportunity to mix, celebrate and converse
in yet another form.

StAGES will meet weekly on Mondays
from 10:00 am –12:00 pm beginning
September 11th through November 13th at
DreamWrights, 100 Carlisle Avenue, York
PA 17401. Free off-street, accessible
parking. Enrollment is limited to 20
participants with a nominal fee of \$10 per
session. Pay \$80 for the full 10 sessions up
front and save \$2! Full scholarships are
available upon request.

AARP members also receive \$1.00 off
each ticket to any show in our 20th
anniversary 2017 Season.

Call 717-848-8623 today to register.

Save Energy this Summer

Are you interested in strategies to help you save energy when the weather is warm and you are trying to keep your home cool? Some of the tips below are free and can be used on a daily basis to increase your savings; others are simple and inexpensive actions you can take to ensure maximum savings through the spring and summer.

If you haven't already, conduct an energy audit to find out where you can save the most.

Use Your Windows to Gain Cool Air and Keep Out Heat

- If you live in a climate where it cools off at night, turn off your cooling system and open your windows while sleeping. When you wake in the morning, shut the windows and blinds to capture the cool air.
- Install window coverings to prevent heat gain through your windows.
 - ◇ During summer days, you should close draperies on windows receiving direct sunlight to prevent heat gain. Studies demonstrate that medium-colored draperies with white-plastic backings can reduce heat gains by 33%. Draperies also stay cooler in the summer than some other window treatments because their pleats and folds lose heat through convection.

Operate Your Thermostat Efficiently

- Set your thermostat as high as comfortably possible in the summer. The smaller the difference between the indoor and outdoor temperatures, the lower your overall cooling bill will be.
- Keep your house warmer than normal when you are away, and lower the thermostat setting to 78°F (26°C) only when you are at home and need cooling. A programmable thermostat can make it easy to set back your temperature.
- Avoid setting your thermostat at a colder setting than normal when you turn on your air conditioner. It will not cool your home any faster and could result in excessive cooling and unnecessary expense.

Use Fans and Ventilation Strategies to Cool Your Home

- If you use air conditioning, a ceiling fan will allow you to raise the thermostat setting about 4°F with no reduction in comfort.
- Turn off ceiling fans when you leave the room. Remember that fans cool people, not rooms, by creating a wind chill effect.
- When you shower or take a bath, use the bathroom fan to remove the heat and humidity from your home. Your laundry room might also benefit from spot ventilation. Make sure bathroom and kitchen fans are vented to the outside (not just to the attic).

Keep Your Cooling System Running Efficiently

- Schedule regular maintenance for your cooling equipment.
- Avoid placing lamps or TV sets near your room air-conditioning thermostat. The thermostat senses heat from these appliances, which can cause the air conditioner to run longer than necessary.
- Set your air conditioner's thermostat as high as is comfortably possible in the summer. The less difference between the indoor and outdoor temperatures, the lower your overall cooling bill will be.
- Don't set your thermostat at a colder setting than normal when you turn on your air conditioner; it will not cool your home any faster and could result in excessive cooling and unnecessary expense.
- Set the fan speed on high, except on very humid days. When humidity is high, set the fan speed on low for more comfort. The low speed on humid days will cool your home more effectively and remove more moisture from the air because of slower air movement through the cooling equipment.
- Consider using an interior fan in conjunction with your window air conditioner to spread the cooled air through your home without greatly increasing electricity use.
- Vacuum registers regularly to remove any dust buildup. Ensure that furniture and other objects are not blocking the airflow through your registers.

York County Area Agency on Aging
100 W. Market Street
York, PA 17401
(717) 771-9610

**PRESORTED
STANDARD
U.S. POSTAGE PAID
HARRISBURG, PA
PERMIT NO. 75**

Don't Heat Your Home with Appliances and Lighting

- On hot days, avoid using the oven; cook on the stove, use a microwave oven, or grill outside.
- Install efficient lighting that runs cooler. Only about 10% to 15% of the electricity that incandescent lights consume results in light—the rest is turned into heat.
- Take advantage of daylight instead of artificial lighting, but avoid direct sunlight.
- Wash only full loads of dishes and clothes. Consider air drying both dishes and clothing.
 - ◇ There are two ways to reduce the amount of energy used for washing clothes—use less water and use cooler water. Unless you're dealing with oily stains, the warm or cold water setting on your machine will generally do a good job of cleaning your clothes. Switching your temperature setting from hot to warm can cut a load's energy use in half.
- Take short showers instead of baths.
- Minimize activities that generate a lot of heat, such as running a computer, burning open flames, running a dishwasher, and using hot devices such as curling irons or hair dryers. Even stereos and televisions will add some heat to your home.

Keep Hot Air from Leaking Into Your Home

- Seal cracks and openings to prevent warm air from leaking into your home.
- Add caulk or weatherstripping to seal air leaks around leaky doors and windows.

Lower Your Water Heating Costs

Water heating accounts for about 18% of the energy consumed in your home.

- Turn down the temperature of your water heater to the warm setting (120°F). You'll not only save energy, you'll avoid scalding your hands.

Source: US Department of Energy